

## CLAIMS

I claim:

1. A device for cooling food inside convection and microwave ovens,  
comprising:

a fan;

an oven, in communication with said fan; and

air holes in said oven, allowing air to flow from said fan into the interior  
of said oven.

2. A device for cooling food inside convection and microwave ovens,  
comprising:

a cooling system;

an oven, in communication with said cooling system; and

air holes in said oven, allowing air to flow from said cooling system into  
the interior of said oven.

3. A method for preparing food, comprising:

heating the food evenly;

cooling the food to an edible temperature; and

providing ventilation for an oven or other cooking device.

4. A method as in claim 3, wherein the food is placed on a plate during cooking, and said plate cools the food along the exterior rim of the plate during cooking.
5. A method as in claim 4, wherein said plate regulates overcooking of the food on the exterior rim of the plate by cooling the food on the exterior rim during and after cooking.
6. A method as in claim 3, wherein a fan is placed under the mid section of an oven or other cooking device, and said fan cools food in said oven from the bottom of said oven and along the exterior rim of any container of food, by a means of a circular configuration of vents.
7. A method as in claim 3, wherein an oven cools food after cooking, by a means of a ventilation, or cooling fan installed in said oven.
8. The device of claim 1, wherein said oven is a microwave oven.
9. The device of claim 1, further comprising a timer controlling when air flows through said air holes.
10. The device of claim 1, further comprising a movable panel in communication with said oven.

11. The device of claim 10, wherein said movable panel obstructs said air holes when air flow through said air holes is not desired.
12. The device of claim 2, wherein said cooling system is a compressor.
13. The device of claim 2, further comprising a timer controlling when said cooling system operates.
14. The device of claim 12, further comprising a timer controlling when said compressor operates.
15. The device of claim 1, wherein said oven has two chambers.
16. The device of claim 2, wherein said oven has two chambers.
17. The device of claim 3, further comprising the step of heating the food in a first chamber of an oven and then cooling the food in a second chamber of the oven.
18. The device of claim 15, wherein said two chambers are separated from one another via a movable partition.

19. The device of claim 16, wherein said two chambers are separated from one another via a movable partition.

20. The device of claim 17, wherein a movable partition divides a first chamber of the oven from the second chamber of oven.